



best salsa evar



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2009-04-10 19:13:00

MOOD: 😊 hungry

MUSIC: Professor Trance And The Energizers - Breath Connect Us All

1 ripe mango, diced.
2 tsp of red onion or green onions (yes, scallions, you Eastern heathens), diced very very small
1 small chile (your choice of variety: I use habaneros, but I understand that some folks find them challenging.) with the veins and seeds cleaned out, also diced very very small
squeeze of fresh lime juice
sprinkle of sea salt

Combine the ingredients. Let sit five minutes.

Serve on everything, but especially on salt-fried salmon with crispy, crispy skin, over heroic quantities of brown rice, with garlicky vinegary turnip greens on the side.

If scaling, you don't really need to add another pepper until you get to three or four mangoes.

Failure modes:

You cut your finger off.

You left the onion or pepper chunks too big (think milimeters, here).

You tried to do this by whizzing everything in the food processor and made soup. *Use a knife.*

Your mango wasn't ripe.

You didn't seed and vein the chile.

You *did* seed and vein the chile, but you didn't wear gloves and then you touched your eye.

You ate your lovely romantic dinner with a partner, and said partner was so impressed they promptly dragged you into bed, where mouth-to-mucous-membrane contact resulted in an unforgettable experience. Ahem. You don't need the endorphins that bad.*

Yeah. Don't do those things. Take it from me.

*Pure capsaicin, by the way, is a hydrophobic, odorless, colorless,

waxy solid at room temperature. Birds are immune to its effects: it is biological warfare targeted specifically at mammals. However, it also has potent analgesic properties and appears to be effective in helping people (like me) with blood sugar issues to stay regulated.

Chiles are chock full of vitamin C, beta carotene, and B vitamins, by the way. So it's not the capsaicin that's good for you when you have a cold: it's the vitamins (anecdotal evidence aside, chiles do not seem to have a positive effect on rhinitis. On the other hand, the analgesic effects probably help with cold symptoms!).

I knew you were curious.

TAGS: [recipes](#)



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[Little guy's not bad.](#)

Gotta teach RHex to smear.

29 comments



[txanne](#)

[April 10 2009, 23:21:53 UTC](#)

[COLLAPSE](#)

Actually, if I were ~~able to get good mangoes here~~ in the mood for chilled fruit soup, this would be the perfect way to make it.



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[April 10 2009, 23:28:09 UTC](#)

[COLLAPSE](#)

Spicy chilled fruit soup!



[txanne](#)

[April 10 2009, 23:35:03 UTC](#)

[COLLAPSE](#)

We have peaches here that would make an angel weep--I wonder what would happen if I used them instead of mangoes.



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April 10 2009, 23:36:00 UTC [COLLAPSE](#)

You'd be exceptionally happy. Except for your mucous membranes.



[txanne](#)

April 10 2009, 23:39:59 UTC [COLLAPSE](#)

It's moot anyway--when I have peaches that good, I only ever make it as far as the sink, so I can wash them and eat them all up. :-)

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April 10 2009, 23:44:21 UTC [COLLAPSE](#)

Solution: buy more peaches.



[txanne](#)

April 11 2009, 00:09:03 UTC [COLLAPSE](#)

You may just have a point there.

[sprrwhwk](#)

April 11 2009, 06:04:27 UTC [COLLAPSE](#)

You make it to the sink? You have more self-restraint than I. (I'd never have guessed it, but Massachusetts peaches are to die for -- they're small, but they're the sweetest things I've ever tasted. Standing in the farmers' market at the height of summer, where they're selling peaches so ripe they bruise when you look at them, all I could do was eat them right there, with peach juice all down the front of my shirt, totally blissed-out... Best Day Ever.)

Also, this reminds me that I haven't made [Peppered Nectarine Salad](#) in a while. Maybe in a few months when we start seeing such luxuries as ripe mangoes and nectarines in Boston, I'll make it again. :-)



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April 11 2009, 15:07:24 UTC [COLLAPSE](#)

The best fruits and veggies are grown at the extreme northern (or in the southern hemisphere, southern) edge of their growing range. Better texture and flavor. Unfortunately, it's also a risky proposition (late frost, AGGGGHHH!) so commercial growers locate in temperate areas.

Which is why there's an uninterrupted supply of supermarket produce that tastes like ass.

[ungemmed](#)

April 11 2009, 02:20:56 UTC [COLLAPSE](#)

Me and my mango allergy are intrigued by this plan.

 [keridwen](#)

[April 10 2009, 23:22:33 UTC](#) [COLLAPSE](#)

So...what's the best salsa ever for folks like me, who are allergic to capsaicin?

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[April 10 2009, 23:29:09 UTC](#) [COLLAPSE](#)

I think if you take the chiles out, you have to call it something other than salsa. But you could probably do this same thing with peeled finely diced ginger and get something pretty darn tasty.

 [keridwen](#)

[April 10 2009, 23:47:13 UTC](#) [COLLAPSE](#)

Oh, no! Not an excuse to eat ginger! Anything but that! <grin>

 [edschwepp](#)

[April 10 2009, 23:45:03 UTC](#) [COLLAPSE](#)

Failure modes:

You cut your finger off.

Unless, of course, you're a Japanese gangster making yakuzalsa.

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[April 10 2009, 23:49:36 UTC](#) [COLLAPSE](#)

Don't make me get my spatula.

 *Deleted comment*



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[April 11 2009, 00:06:55 UTC](#) [COLLAPSE](#)

I like a thin pancake spatula with slots, at least for purposes of corporal punishment.

 [cjtremlett](#)

[April 11 2009, 00:10:35 UTC](#) [COLLAPSE](#)

What about major punishment?

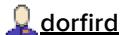
People who pun should be drawn and quoted!

 *Deleted comment*

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[April 11 2009, 00:27:50 UTC](#) [COLLAPSE](#)

0.o



[dorfird](#)

April 11 2009, 00:04:05 UTC

[COLLAPSE](#)

groan



[phiremangston](#)

April 11 2009, 00:15:56 UTC

[COLLAPSE](#)

Sadly, I actually *have* cut part of my finger off while cooking.

I suppose that's a risk when you put a clumsy person in a kitchen with pointy objects. O_o



[blackcoat](#)

April 11 2009, 00:23:00 UTC

[COLLAPSE](#)

*You ate your lovely romantic dinner with a partner, and said partner was so impressed they promptly dragged you into bed, where mouth-to-mucous-membrane contact resulted in an unforgettable experience. Ahem. You don't need the endorphins that bad.**

Just fyi, if you get the spice load right, and suspend with honey (dunno why, but..) the sensations there are REALLY fun.

Then again, my "ooh, that sounds fun" is past the line of most people's "call the cops", so ymmv



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April 11 2009, 00:26:59 UTC

[COLLAPSE](#)

(Hi. Still too vanilla for the room.)



[trollcatz](#)

April 11 2009, 01:00:13 UTC

[COLLAPSE](#)

Much more of that sort of thing, and your cooking show will have to be on HBO. *g*



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April 11 2009, 01:04:13 UTC

[COLLAPSE](#)

It's not my fault! There were hecklers!

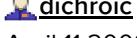


[adarad](#)

April 11 2009, 01:25:02 UTC

[COLLAPSE](#)

Apparently I need to have some of this salsa to get rid of this cold/allergies/whathafuh evah I've been struggling with the past couple of days.



[dichroic](#)

April 11 2009, 02:29:58 UTC

[COLLAPSE](#)

However, if you make mango salsa and take it in to work for a potluck (with chips instead of salmon) be prepared for it to be 'too weird' for many of your coworkers, unless you have uniformly adventurous coworkers.

Ask me how I know. And for the record, this was in Houston, so it's not like they had a problem with spicy food in general or salsa in particular.

 [sprrwhwk](#)

[April 11 2009, 06:08:07 UTC](#)

[COLLAPSE](#)

...weird. My family in Iowa gets pre-made mango salsa with some regularity and serves it at parties, and I haven't heard anyone complain. Perhaps our guests just thought it was a slightly spicy fruit salad.

 [zxhrue](#)

[April 11 2009, 08:52:59 UTC](#)

[COLLAPSE](#)

point of difference regarding "failure": green (i.e. "unripe") mangos can also be quite tasty, and are the base ingredient for many Indian chutneys, both sweet and tart. fresh green mango chutney is one of the great goodnesses in life and a more than passable salsa substitute.

oh, hi :) I have already appropriated at least one of your recipes, I hope you don't mind.

mmm. mangos. it's the beginning of mango season here in chennai (madras that was) -- I wonder which kind I'll have today? one of the most disappointing things about the US are the truly pitiful mangos that are available to the general public.

 [beatriceeagle](#)

[April 12 2009, 02:59:21 UTC](#)

[COLLAPSE](#)

Funny thing about this? The part that really set my taste buds off was "salmon."

I think I might be craving that.

[This looks like a
good idea.](#)

...

[This.](#)

...

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bad.](#)

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